

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

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Apple Valley	Needles
Barstow	Ontario
Big Bear Lake	Rancho Cucamonga
Chino	Redlands
Chino Hills	Rialto
Colton	San Bernardino
Fontana	Twentynine Palms
Grand Terrace	Upland
Hesperia	Victorville
Highland	Yucaipa
Loma Linda	Yucca Valley

Memorial Day Food Safety

Memorial Day weekend is the kick-off for summer BBQs, potlucks and swim parties. If you follow some basic food safety rules, you will lessen the chances that your guests will take home an unwanted party favor in the form of a foodborne illness.

When you prepare food:

- Always wash hands in hot soapy water before preparing food and after using the bathroom.
- Keep raw meat, poultry and fish and their juices away from other food. For instance, wash your hands, cutting board and knife with hot soapy water after cutting up the chicken or making hamburger patties and before dicing salad ingredients.
- Thaw food in the microwave or refrigerator, NOT on the kitchen counter. Why? Bacteria can grow in the outer layers of the food before the inside thaws. Marinate in the refrigerator, too.
- Cook food thoroughly.

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When you serve food:

- Use disposable forks, knives, spoons, glasses and plates. Set up the utensils so that guests can pick them up by the handle.
- Never leave perishable food out of the refrigerator over 2 hours. Bacteria that can cause foodborne illness grow quickly at warm temperatures.
- Keep cold food cold. Keep party food on ice or serve it throughout the evening from platters from the refrigerator.
- Keep hot food hot. Divide hot party food into smaller serving platters. Keep platters refrigerated until it is time to warm them up for serving.
- Cover food to prevent contamination by insects, flies, dust or humans.

When you clean up:

- Throw leftovers away. The food has been handled by many people and is probably contaminated.

If residents follow these simple, common sense rules they can look forward to a summer filled with great parties. Visit the Environmental Health Services web site to find more information about safe food handling at www.sbcounty.gov/dehs.

MARK H. UFFER
County Administrative Officer

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